



PAIN CARE SUPPLY

**IF STANDING FOR MORE THAN 2 MINUTES
TRIGGERS YOUR PAIN —
HERE IS WHERE TO START**

BUILD YOUR TOLERANCE STEP BY STEP



START WITH 2 MINUTES — PROGRESS GRADUALLY

This content is for informational and educational purposes only.
Consult a qualified medical professional before beginning any movement
or self-management program.

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MEDICAL DISCLAIMER

This content is for informational and educational purposes only. It is not medical advice and does not replace the guidance of a licensed healthcare provider. If you are experiencing pain, injury, or any health condition, consult a qualified medical professional before beginning any movement or self-management program. Do not use this content to diagnose or treat any condition.

RED FLAG — STOP IMMEDIATELY IF YOU EXPERIENCE:

- Loss of bladder or bowel control
- Numbness or tingling in the groin or inner thigh
- Sudden severe weakness in both legs
- Chest pain, dizziness, or difficulty breathing during movement
- Symptoms that are rapidly worsening

STOP AND CONSULT A PROVIDER BEFORE CONTINUING IF YOU EXPERIENCE:

- New or increasing numbness or tingling down the leg or into the foot
- Sharp shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- Fever, unexplained weight loss, or night pain that wakes you from sleep

These are clinical red flags. This guide does not replace professional screening. If any red flag is present — stop and refer to a qualified healthcare provider.

BUILD STANDING TOLERANCE WITH SCIATICA

Step-By-Step Protocol

If standing for more than a few minutes keeps triggering your pain — and you have no idea how to build back up — you are not alone.

This guide is for you if:

- Standing for more than 2-3 minutes triggers your pain
- You do not know how to start building tolerance safely
- You want exact steps — not general advice

DO THIS FIRST

STEP 1

Stand near support — counter or wall.

✓ *Feel: You should feel stable and grounded with even weight through both feet.*

■ *Avoid: Avoid standing away from support until tolerance is established.*

STEP 2

Shift weight slightly between feet every 20-30 seconds.

✓ *Feel: You should feel light movement and even pressure through each foot.*

■ *Avoid: Avoid standing completely still — this increases load over time.*

STEP 3

Keep knees soft — do not lock them.

✓ *Feel: You should feel a slight bend and ease through the knees.*

■ *Avoid: Avoid locking or hyperextending the knees at any point.*

STEP 4

Lightly brace your core — gentle tension, not rigid.

✓ *Feel: You should feel mild engagement through the midsection.*

■ *Avoid: Avoid bearing down hard or holding your breath.*

STEP 5

Limit standing to your current tolerance — then stop.

✓ *Feel: You should feel in control of when you stop — not forced by pain.*

■ *Avoid: Avoid pushing through increasing symptoms.*

If you experience sharp pain, numbness, tingling, or any red flag symptom — stop immediately and consult a healthcare provider.

BUILD YOUR TOLERANCE

Start where you are — not where you think you should be. Rest between rounds. Do not push through symptoms.

Day	Target Time	Actual Time	Symptoms (Y/N)	Notes
Day 1	2 min			
Day 2	2 min			
Day 3	3-4 min			
Day 4	3-4 min			
Day 5	5-6 min			
Day 6	5-6 min			
Day 7+	8-10 min			

After 7 days: review your notes. If your current time feels consistently controlled with no symptom increase — move to the next level. If not — stay at the same level for another 3-4 days before progressing.

HOW TO PROGRESS

Once your current time feels controlled:

Add 1-2 minutes per session	Gradual increase keeps symptoms manageable.
Add a second session later in the day	Split sessions reduce single-session load.
Begin reducing reliance on support	Only when balance and control feel solid.

If symptoms increase at any point — drop back to your last stable level. Do not push through. Stability first. Duration second.

COMMON MISTAKES

■ Standing too long too soon

Start at Day 1 regardless of how good you feel. Overloading early sets progress back.

■ Locking knees

Locked knees increase joint load and reduce circulation. Keep a soft bend at all times.

■ Holding a rigid posture

Rigid bracing increases fatigue and load. Light core engagement only.

■ Ignoring early symptom increase

If symptoms begin to build — stop. Do not wait for sharp pain to decide.

Control beats duration. Always.

WHAT COMES NEXT

Once you can tolerate 8-10 minutes, begin integrating short standing periods into daily tasks — brushing teeth, cooking prep, light chores. These real-life anchors build capacity without dedicated standing sessions.

This is step one. Once standing tolerance builds, the next step is integrating movement into your daily routine — starting with short walking resets.

**If you cannot stand for more than a few minutes without pain —
this is your first step. Start here.**

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Free Flare-Up Reset Guide**

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